

## Suggested Timetable Week Beginning: 27.4.20

	Morning	Afternoon
<b>Monday</b>	<p><b>FF Be Mindful:</b> KS1: The Beach KS2: Wide Eyes</p> <p><b>Skill Challenge:</b> Mr Armoogum – Closest to the target <a href="https://www.youtube.com/watch?v=7hS6_OL7DqA&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=9&amp;t=0s">https://www.youtube.com/watch?v=7hS6_OL7DqA&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=9&amp;t=0s</a></p> <p><b>Tips and Tricks</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A">https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A</a></p>	<p><b>FF Get Active:</b> KS1 Ultimate Workout KS2 Ultimate Workout</p> <p><b>Fitness activity:</b> Mr Smylie – Squats: How many can you do? <a href="https://www.youtube.com/watch?v=XmQMpxi9yVA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=XmQMpxi9yVA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=10&amp;t=0s</a></p> <p><b>Game Ideas:</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi">https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</a></p>
<b>Tuesday</b>	<p><b>FF Be Mindful:</b> KS1: A balancing act 1 KS2: Challenge your Balance 1</p> <p><b>Skill Challenge:</b> Mr Armoogum – Closest to the target <a href="https://www.youtube.com/watch?v=7hS6_OL7DqA&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=9&amp;t=0s">https://www.youtube.com/watch?v=7hS6_OL7DqA&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=9&amp;t=0s</a></p> <p><b>Tips and Tricks</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A">https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A</a></p>	<p><b>FF Get Active:</b> KS1 Ultimate Workout KS2 Ultimate Workout</p> <p><b>Fitness activity:</b> Mr Smylie – Quats: Beat your score! <a href="https://www.youtube.com/watch?v=XmQMpxi9yVA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=XmQMpxi9yVA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=10&amp;t=0s</a></p> <p><b>Game Ideas:</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi">https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</a></p>
<b>Wednesday</b>	<p><b>FF Be Mindful:</b> KS1: A balancing act 2 KS2: Challenge your Balance 2</p> <p><b>Skill Challenge:</b> Mr Smylie – Tennis Target <a href="https://www.youtube.com/watch?v=g81GUzeWXW0&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=g81GUzeWXW0&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=13&amp;t=0s</a></p> <p><b>Tips and Tricks</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A">https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvYDwM0A</a></p>	<p><b>FF Get Active:</b> KS1 Cardio Pump it up KS2 Cardio core combo workout</p> <p><b>Fitness activity:</b> Mr Berlin – High and low pyramid <a href="https://www.youtube.com/watch?v=fLDQiPsgwfA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=14&amp;t=38s">https://www.youtube.com/watch?v=fLDQiPsgwfA&amp;list=PLMR0a4zaaR5fU-2bSRAF3o-IF89HZVV&amp;index=14&amp;t=38s</a></p> <p><b>Game Ideas:</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi">https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</a></p>

<b>Thursday</b>	<p><b>FF Be Mindful:</b> KS1: Grounding KS2: Why V How</p> <p><b>Skill Challenge:</b> Mr Smylie – Tennis Target <a href="https://www.youtube.com/watch?v=g81GUzeWXW0&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=g81GUzeWXW0&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=13&amp;t=0s</a></p> <p><b>Tips and Tricks</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA">https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</a></p>	<p><b>FF Get Active:</b> KS1 Cardio Pump it up KS2 Cardio core combo workout</p> <p><b>Fitness activity:</b> Mr Berlin – High and low pyramid <a href="https://www.youtube.com/watch?v=fLDQiPsqwFA&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=14&amp;t=38s">https://www.youtube.com/watch?v=fLDQiPsqwFA&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=14&amp;t=38s</a></p> <p><b>Game Ideas:</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi">https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</a></p>
<b>Friday</b>	<p><b>FF Be Mindful:</b> Choose your favourite!</p> <p><b>Skill Challenge:</b> Create your own and share with your teacher.</p> <p><b>Tips and Tricks</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA">https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</a></p>	<p><b>FF Get Active:</b> Choose your favourite!</p> <p><b>Fitness activity:</b> Choose your favourite!</p> <p><b>Game Ideas:</b> Try one from our playlist: <a href="https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi">https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</a></p>
<p><b>Previous Fitness Videos:</b> Mr Berlin: Hand Challenge <a href="https://www.youtube.com/watch?v=ddfQgHPUaXQ&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=23&amp;t=0s">https://www.youtube.com/watch?v=ddfQgHPUaXQ&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=23&amp;t=0s</a></p> <p>Mr Armoogum: Closest to the target <a href="https://www.youtube.com/watch?v=AsHH9LTboFk&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=AsHH9LTboFk&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=8&amp;t=0s</a></p> <p>Mr Sinclair – 5 challenge <a href="https://www.youtube.com/watch?v=s51CMSp8d_M&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=2&amp;t=4s">https://www.youtube.com/watch?v=s51CMSp8d_M&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=2&amp;t=4s</a></p> <p>Mr Newland – Ball in the basket <a href="https://www.youtube.com/watch?v=B2EVVWbc2u5E&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=15&amp;t=0s">https://www.youtube.com/watch?v=B2EVVWbc2u5E&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=15&amp;t=0s</a></p> <p>Mr Berlin – Ball travel <a href="https://www.youtube.com/watch?v=pzbx-c2nwo4&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=24&amp;t=0s">https://www.youtube.com/watch?v=pzbx-c2nwo4&amp;list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&amp;index=24&amp;t=0s</a></p> <p><b>Previous Challenge Videos:</b> Mr Smylie – Sit up: How many can you do? <a href="https://www.youtube.com/watch?v=XBa6Ikjemk4&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=9&amp;t=0s">https://www.youtube.com/watch?v=XBa6Ikjemk4&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=9&amp;t=0s</a></p> <p>Mr Smylie – Tricep dips: How many can you do? <a href="https://www.youtube.com/watch?v=U58xtWmyh5E&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=7&amp;t=0s">https://www.youtube.com/watch?v=U58xtWmyh5E&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=7&amp;t=0s</a></p> <p>Mr Smylie – Press Up <a href="https://www.youtube.com/watch?v=TtVY2PcMtU0&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=TtVY2PcMtU0&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=8&amp;t=0s</a></p> <p>Mr Smylie – Press Up <a href="https://www.youtube.com/watch?v=TtVY2PcMtU0&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=TtVY2PcMtU0&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=8&amp;t=0s</a></p> <p>Mr Smylie – Step Ups <a href="https://www.youtube.com/watch?v=GwVvicGfDzM&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=12&amp;t=0s">https://www.youtube.com/watch?v=GwVvicGfDzM&amp;list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&amp;index=12&amp;t=0s</a></p> <p>Mr Smiley - Speed bounce</p>		

<https://www.youtube.com/watch?v=yygakyRxPWg&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=10&t=0s>

Mr Denyer - Plank

<https://www.youtube.com/watch?v=XYMEq9zBZYE&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=5&t=0s>